

# Green Tea 5000mg

(as 500mg extract)

## Presentation

A green oval coated tablet.

**Each tablet delivers:**

Green tea leaf ( <i>Camellia sinensis</i> ) (as 500mg extract)	5000mg
Providing:	
Total polyphenols	250mg
with 4-7% epigallocatechin gallate	
L-Theanine	10mg

**Tableted with:**

Calcium Carbonate, DiCalcium Phosphate, Cellulose, Anti-caking Agents (Silicon Dioxide, Magnesium Stearate & Stearic Acid), Tablet Coating (Hydroxypropyl Methylcellulose, Colours: Titanium Dioxide & Copper Chlorophyllin, Glycerin), Crosslinked Cellulose Gum.

**Disintegration time:** Less than 1 hour.

**Suitable for vegetarians**  **and vegans** 

quantity  
60

type  
tablets

code  
8580



## Uses

Green Tea (*Camellia sinensis*) is believed to gently increase our metabolic rate (our body's ability to convert food into energy) and for this reason has soared in popularity with those watching their waistlines. It is also a powerful antioxidant and free radical scavenger. These effects are as a result of compounds known as catechins (polyphenols) found in high quality green tea leaf extracts.

Lamberts® Green Tea extract has been sourced from one of the world's most sophisticated suppliers and is of the highest quality, containing the correct balance of actives. Our product not only provides a full 250mg of catechins from whole green tea leaves but also provides the important compound L-Theanine.

One tablet is equivalent to around 1/2 litre of traditionally brewed green tea without all the fuss and inconvenience.

### Usage and administration

1 to 2 tablets daily.

### Allergen advice

None (see page 194).

### Cautions

Naturally contains caffeine (25mg to 40mg/tablet). This product is not recommended for pregnant or lactating women or children.

### Storage instructions

To be stored in a cool, dry place and protected from light.

### Legal category

Food supplement.

